8: Collocott & Havea M,I-5 (no date) 1922
OU9 Tonga OU9

coconut, but found that he had produced a most unsavory dish and had to throw it all away. He had merely wasted so much good coconut. 539 262 252 266

74. Ua ji ua pooi: Eating *ji* eating *pooi*.

The *pooi* is a preparation of food, which before the introduction of sugar used to be sweetened with the root of the *ji (Cordyline terminalis)*. If one ate up the *ji* beforehand he would have to go without the *pooi*. You cannot eat your cake and have it. 539 262 263

75. Umu toona e he vale: Food cooked by the fool. 539

Good food that has been spoiled by a bad cook; anything good that has been spoiled by bad treatment. 252

EATING AND DRINKING

76. Aho kai fonu: Day on which turtle is eaten. 539

The turtle is a luxury, hence day of treat. It is said that this expression originated with a love adventure of the handsome Lepuha, who lived at Leimatua in Vavau. This good-looking and amorous gentleman came in his wanderings to the house of a woman who lived at the back part of the island, and whose face was disfigured by ulceration. Lepuha had intercourse with the unfortunate woman, who said to him as he was about to depart, "This is a day on which turtle has been eaten." Lepuha ungallantly replied, "*Mavae lua*," that is, "Going away and vomiting," implying the disgust which he felt at having cohabited with so grievously disfigured a woman. This phrase, *Mavae lua*, is used proverbially for the after disgust one may feel at something he has done. 262

77. Mavae lua: Separating (and) vomiting. (See No. 76.)

78. Fakahali a vale: Making slip of foolish, that is, the foolish person's way of making food slip down. 539 264

Fakahali, making slide, means moderate eating, but the moderation of a foolish person, or of the improvident young, is to eat to repletion without a thought for the future or for anyone who may go hungry just beside him. Applied to eating the expression means to attend only to one's own appetite without regard for others or for the future. Used generally of improvident, foolish conduct, as of a man who is not a sailor going out by himself in a boat or of one who is not a carpenter undertaking to build a house. 183

79. Fakaua mea melie: Hungry for sweet things.

Baker renders: "To wish to eat sweet or superior food only." It might be used of one who desires only the good things of life.

22: West M-3 (1846-1855) 1865 OU9 Tonga OU9

guese. Among these may be reckoned the *kumala*, or sweet potato, (*Convolvulus batatas*,) and the *talo*, or *arum*, of botanists. Both are grown; but the former is considered to be a very vulgar substitute for the yam; while the latter requires such marshy land for its perfect success, that only a very few spots are found suitable for it in the Friendly group. The common potato has been tried by the Missionaries, and thrives pretty well in favourable situations. The potatoes, however, soon degenerate in size and flavour, so that a renewal of imported seed becomes necessary every second or third year. It would, no doubt, do better if cultivated only on the higher lands of Vavau, and in similar localities.

There are several species of the *ji*, (*Dracæna*,) and from one of these a large root is obtained, which, when baked, yields a considerable quantity of brown saccharine liquid, sometimes used in sweetening native puddings; while the stringy substance of the root itself is eaten, and resembles somewhat in taste the sweetness of stick cinnamon. The leaves of the different sorts of *ji* afford capital fodder for goats, sheep, and cattle.

The arrowroot plant, (*Tacca pinnatifida*,) grows wild, and is found in quantities sufficient to meet the wants of the people, without any special care being devoted to its cultivation. The chief use of the starch, obtained from it by the natives, is in the manufacture of their *gatu*, or cloth. The various small stripes of *fetaaki*, or beaten bark, of which the cloth is made, are joined together by means of arrowroot paste. Any quantity, however, of the root could be raised with but little outlay or labour; and when a better method of scraping and

76: Yuncker N-4,5 (1953) 1959 OU9 Tonga OU9

Vava'u: *Crosby.*
Occasional as a plantation weed. Pantropic. 137
Tongan name: *polo pa.*

Physalis peruviana Linnaeus, Sp. Pl., ed. 2, 1670, 1763.

Widely branching, pubescent herb, up to 50 cm. or more tall. Leaves alternate, ovate, apex acuminate, base rounded or cordate, irregularly sinuate-toothed, up to 12 cm. or more long and 9 cm. wide, petioles up to 4 cm. long. Flowers solitary, axillary, pedicels slender, 1-2 cm. long, corolla yellow with a brownish-purple center; berry yellow, many-seeded, enclosed in a veiny, inflated, parchmentlike case about 3 cm. in diameter.

Tongatapu: *Moseley;* in plantation near Navutoka village, Feb. 27, 1953, *Yuncker 15087.*
Vava'u: *Crosby.*
Occasional as a plantation weed. A South American plant now widely distributed in warm countries as a weed.
Tongan name: *ku'usi.*
The leaves are used in preparing medicines. [824] [278]

Genus **Capsicum** Linnaeus

Capsicum frutescens Linnaeus, Sp. Pl., 189, 1753.

Strongly branched, sub-shrubby plant, up to about 1.5 m. tall. Leaves alternate, ovate-lanceolate, acuminate, base acute, entire or slightly undulate, smooth or slightly pubescent, petioles mostly 1-2 cm. long. Flowers small, white, solitary or paired, axillary, pedicels about 2 cm. long; fruit erect, ovoid, about 2.5 cm. long, bright red when ripe, very pungent when eaten.

Tongatapu: *Moseley;* in waste area near Hufangalupe, Feb. 26, 1953, *Yuncker 15037.*
'Eua: *Lister;* in a small clearing in forest near center of island, Mar. 19, 1953, *Yuncker 15354.*
Vava'u: *Crosby.*
Occasional throughout Tonga. A tropical American species now pantropic.
Tongan names: *polo, polo fifisi.*
The fruit is used as a food flavoring. [824] [263]

Genus **Solanum** Linnaeus

Solanum amicorum Bentham, Hook. London, Jour. Bot. 2:227, 1843.

Shrub, the branches sulcate. Leaves ovate, obscurely angular-sinuate, glabrate above, reticulate-veiny beneath; nerves, petiole and raceme branches rough-tomentose. Racemes lateral, many-flowered, calyx five-toothed, corolla deeply five-parted, lobes lanceolate, acute.

Tongatapu: *Forster; Nelson.*
Vava'u: *Barclay; Crosby.*
No specimens of this or of the following species were found. They are included on the basis of Hemsley's and Burkill's reports. Pacific Islands.

around their own households, including preparation of agricultural crops and handicrafts, and working in dooryard gardens or on the bush allotments.

A high percentage of Tongan males employed in agriculture is also shown by the survey of households conducted by the author in 1971 (Table 17). These data show a majority were full-time farmers and that another 15 percent had some other employment, such as a village storekeeper, part-time banana inspectors/or a lay preachers, but still considered themselves primarily farmers. Out of 149 households, there were 39 households with more than one full-time farmer (one household with five; two with four; eight with three; and 28 with two). Of the 36 heads of households who considered themselves full-time wage workers, 58 percent put in some time, ranging from 1 1/2 to 16 hours per week farming on their allotments. Of these 36 full-time wage earners, five did not own allotments.

Subsistence Needs

The Tongan diet continues to be largely dependent on staple and subsidiary crops grown on traditional garden allotments. In a listing of the relative importance of items in the diet (Table 18), only a few imported items such as bread (made from imported ingredients), mutton, and canned fish rank high on the list. Imported luxury items used more for flavor than nutrition, such as canned fruits, gelatin desserts, ice cream, sugar, salt, and canned or dried milk, are not listed.

241 Corn or koane (Zea mays) was planted alone on about
243 one-half acre (one-fifth hectare) of one allotment as a commercial crop. In the remaining 9 cases, it was intercropped with taro or giant taro, planted around the borders of yam patches, or in small mixed vegetable gardens.

241 Green onions or onioni Tonga (Allium ascalonicum) are
244 one of the most important herbs in Tongan cooking. On 3 of
[263] the 4 sample allotments where green onions were present, they were planted in well-ordered rows or homogeneous patches; in only one case were they planted amongst other subsistence crops.

241 Coffee or kofi (Coffea arabica) was found planted in
245 the shade of small groves of trees on 2 allotments and under scattered trees on another.

241 Lemon grass or moengālō (Cymbopogon citratus), the
249 leaves of which are used to brew tea, is generally found on town allotments, but was also cultivated in a small patch near a dwelling on 1 bush allotment and planted along a path through another allotment.

137 Teve (Amorphophallus campanulatus), an aroid, formerly
241 an important subsistence crop in certain areas of the Pacific (Massal and Barrau, 1956: 6), was found on only 2
[26] of the sample allotments. In both cases, it was uncultivated and, according to informants, eaten only in times of famine.

101: Clark K-4,5 (1974) 1978 OU9 Tonga OU9

262
146 and are often excluded from the diet.[1] On the other hand, imported
262 foods are perceived as being prestigious items. Some imports have
146 limited nutritional value, although often below that of domestic
263 products, while others such as refined flour, cereal products and sugar may cause or aggravate conditions of ill health, sugar being
263 an obvious offender. Hansell (1962, p. 288) listed increased sugar
164 consumption as being the principal cause of the rapid rise in the incidence of dental caries in Tonga. Personal observations verified this situation, with a marked predominance of cases noted in Nuku'alofa.

125 During the data collection process, a 24-hour dietary recall was conducted for each preschool subject, to determine any obvious dietary variations between rural and urban children. In addition, a frequency of consumption record was taken for the entire family, listing the frequency during an average week with which selected foodstuffs were consumed (i.e., fresh or canned meats and milk, tubers, cereal products, soft drinks, alcoholic products and sugar). In collecting this data care was taken to avoid the inclusion of
[527 weekend food consumption, especially that of Sunday. Because Sunday
574] is a traditional day of feasting and heavy eating, a 24-hour dietary recall of this day would give a skewed and unrealistic picture of the preschooler's food consumption pattern.

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[1] The best example of this is the leaf of the taro plant. The leaf is used in the preparation of many dishes called "lū" (i.e., lū pulu or beef, lū ika or fish) in which the meat is, in combination with coconut cream, etc., wrapped in taro leaves and cooked. However, the prepared dish is usually eaten without the leaf wrapping. In addition, raw vegetables, such as cabbage or greens, are not eaten.

101: Clark K-4,5 (1974) 1978 OU9 Tonga OU9

The information acquired for the household frequency of consumption record usually consisted of rough approximations. However, several important aspects became evident during the rural to urban comparison. For example, household usage of sugar was found to be as high as 3.31 pounds per person per week in Nuku'alofa, although the average for the entire urban sample was 1.18. On the other hand, rural consumption of sugar averaged only .57 pounds per week. Cereal products, including bread and flour, are also used in greater quantities in Nuku'alofa than in rural areas.[1]

The consumption of soft drinks, alcoholic products, and cassava significantly increased in the urban areas, while the consumption of yams decreased. In the case of tubers, this fact most probably reflects economic forces which dictate that a basket of cassava cost T$.80, while a basket of yams sells of T$10-12.[2]

A higher rate of consumption of canned meat products was also observed in the urban area, although this product is widely used throughout Tonga--a probable reflection of its ease of distribution, storage and social status. A purchase of two samples of the most commonly used canned meat, and a subsequent proximal

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[1] This data may have been influenced by the distribution of such products over the islands. Surveys of stores in rural villages indicated that often sugar, flour and bread were not in stock. At times, the entire Kingdom is devoid of such basic commodities as sugar or flour. In one such incidence, over two weeks elapsed before a new shipment arrived from overseas sources, during which the entire nation lacked sugar. However, even with consideration being given to these influences, a significant variation between rural and urban consumption is evident.

[2] Prices acquired in the Nuku'alofa market, October, 1974.